15

A

DISCOURSE

ON

PESTILENCE

AND

Contagion in General;

CONTAINING

The CAUSE,

PREVENTION,

And CURE.

LONDON:

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To the Right Honourable THE LATE *Lords Justices of the Kingdom of* GREAT BRITAIN.

His Grace *William*, Lord Arch-Bishop of *Canterbury*.
Thomas Lord *Parker*, Lord High Chancellor.
Charles Lord Viscount *Townshend*, Lord President.
Evelyn Duke of *Kingston*, Lord Privy Seal.
John Duke of *Argyle*, Lord Steward.
Thomas Duke of *Newcastle*, Lord Chamberlain.
Charles Duke of *Grafton*, Lord Lieutenant of *Ireland*.
Charles Duke of *Bolton*.
William Duke of *Devonshire*.
John Duke of *Marlborough*, Captain General.
John Duke of *Roxbourghe*, one of his Majesty's Principal Secretaries of State.
Charles Earl of *Sunderland*, first Commissioner of the Treasury.
James Earl of *Berkeley*, first Commissioner of the Admiralty.

My Lords,

THE first Reason for my presuming to Address the Present Discourse to your Lordships (without the Honour

of being known to you) is from the particular Regard you have for the Publick Safety, in having order'd the very Ingenious * Dr. *R. Mead*, to lay down some Rules by Way of Prevention from *Peſtilence*.

And, Secondly, from the Conſideration of my being oblig'd (as a good Subject) to offer what I think can be of any Uſe for the Publick Safety, and thus accordingly do moſt readily throw in my Mite; more eſpecially, ſince having been in thoſe Parts where it always more o

* Or ſome One of you, as that Ingenious Perſon informs us in his Treatiſe on that Subject.

let

eſs is, it may therefore reaſonbly be expected I ſhould have omething to ſay on this Subect.

. And, Thirdly, from my having ſome Time ago laid down ome Propoſals for the common afety, before two of the Great Patrons of the People, then Secretaries of State, tho' now no more in Being, and for which Reaſon, it may now be more proper to ſpare their Names; the Purport of which Papers were, *That the Wealth and Strength of a Nation depended upon the Health and Wellfare of the People*; and that therefore there ſhould be a publick Encouragement

ment for the further * Improve
ment of Phyſick, for the great
er Safety of the People, with
proper Judges of ſuch Improve
ments ; more eſpecially, ſince
Phyſick has been ſo little im
prov'd, at leaſt, theſe two Thou
ſand Years, ever ſince the Time
of *Hippocrates.*

The firſt of theſe Great Men
more latterly excus'd himſelf
from this Affair, as a Thing not
belonging to him, tho' at firſt
he ſeem'd to approve of the
Intention ; however, in a great
meaſure, I attributed the Neglect

* This, had it been put in Practice, would ſtill have
been more Uſeful, and anſwer'd all the Intentions of
the Counſel of Health, now ſince found ſo abſolutely
neceſſary to be eſtabliſh'd in *France.*

f this Affair to one under him, ho, probably, might not repre- ent it in that favourable Light e ought to have done, yet whe- ner occasion'd from private iews or otherwise, I know not, ut certain it is, that the present ime plainly proves it to belong o such; nor would the Great *Bacon* have been of another pinion, since he writ his Phy- cks when Lord High Chan- ellor, and Lord Keeper of the eal of *Great-Britain.*

The other Noble Person pre- ended somewhat more, but did s little, so that I was tir'd as well s they, tho' satisfy'd within my lf I had done my Duty. I

now

now therefore, my Lords, do as y
offer these my present Though
to your Lordships for the Pu
lick Safety, tho' how far yo
Lordships will approve of t
same, I know not, but it will
sufficient that your Lordshi
have at least the Goodness
pardon,

My Lords,

Your Lordships most Humble

and most Obedient Serva

P. Kenned

T H

THE PREFACE.

I Have little to say by Way of Preface to this short Discourse, but that the Thoughts are, I think, mostly new, and I hope there are no gross Errors in it as to Use or Opinion; but if in Language, or other lesser Faults, let the nicer Critics whet and exercise their Wit with such, since I must freely own, that to please them is, in my Opinion, downright Drudgery, those extreamly labour'd Finishings being only fit for the meanest Spirits, a Thing commonly much neglected by the Greatest Masters as below their Care, and scarce worth their Time; this is plainly observ'd in Painting, and no less in Writing, where the Thoughts are New, or great Invention in the

Subject. In a Word, let it ſuffice, i
right in the Main, it is but juſt tha
ſome ſhould be at ſome Pains in Cor
recting as well as others are in Writing
It is an eaſy matter to pick out a Fault
yet probably not ſo eaſy to write a bet
ter and leſs faulty Piece; in fine, th
beſt way of Criticiſing, is to write
better of their own, eſpecially when o
ſo material a Subject as the Public
Safety, nay, that the Publick eve
ſeems to require it from every goo
Subject, according to his greater or leſſe
Abilities; yet if my Reader ſeem ſa
tisfy'd with what has already been ſai
upon this Subject, I am alſo ſatisfy'
but if he is not, he is welcome to wha
follows.

N. B. As to the Opinion of Small an
Great Pox breeding a Peſtilential D
ſtemper, when in a hot Country, an
cloſely crouded up, which being
Thought ſomewhat New, may accor
ingly be diſputed, it may not ther
fo

fore be amiſs I here obſerve on that Head to my Reader, that there are ſeveral Maladies that frequently inflict human Bodies, which are very near akin, and even much like to the *French* Pox, and yet not proceeding from the ſame Cauſe, but even from other Cauſes than that purely of Women; and ſtill that ſuch Malady, together with Small-Pox, may, or will have much the ſame Effect, ſo as to cauſe ſuch a malign and contagious Diſtemper, is not, I think, to be doubted; and that different Countries and Conſtitutions do particularly and naturally produce different Diſtempers, more peculiar to ſuch, is alſo as certain. Yet that others do never produce them, is not to be allow'd.

THE

THE CAUSES of *Peſtilence.*

BAD Air (from many different Cauſes as well as Peſtilence it ſelf) unhealthy Aliment; and ſtill pejorated by Fullneſs of Living. The Multiplicity and Crouding of many Animals together, with Naſtineſs and Cloſeneſs of Living, commonly occaſion'd by Poverty. Small-pox, with foul and numerous Cohabiting, or Maladies like *Lues*, and yet not from Women, and a ſultry Seaſon. Thus the Air will become Unhealthy or even Malign; as alſo by mineral Steams, ſtanding Lakes or Waters, alſo from Naſtineſs, as of Cadaverous Bodies after Battles, *&c.* or an unnatural Seaſon, and the Air not being duly purg'd by proper Winds.

And thus the Diſpoſition thereto, from more or leſs of theſe Cauſes, whether in a Particular, or in the General, may, I believe, juſtly be reckon'd the worſt Part of this, as well as of moſt other Maladies.

A Meſ

Meſſieurs, Meſſieurs de l'Academie de *Bourdeaux*.

Meſſieurs,

PUiſque vous avez demandé au public (Comme nous en ſommes Informez par nos nouuelles) la Cauſe ou l'Origine de la Peſtilence, je prens la Liberté de vous envoier mes Reflexions la deſſus, les Voici, Un Mechant Air produit par bien de Cauſes differentes auſſibien que la Peſtilence meſme. Mauvais Aliments ; maniere de vivre trop delicate, & Senſuelle ; trop de plenitude. Une foule d'Animaux trop ſerrez enſembles, la

la mal propreté de Viure. Sans Air o dans un lieu trop fermé, Cequi vient ordi nairment de la Pauvreté. La petit verole, avec le trop da Copulations diffe rentes, ou des Maladies semblable en Na ture au Lues Venerien quoiqu' on ne tir pas leur origine de Femmes, une Chaleu excessive, ou une Saison non naturelle. Ain l'Air deuiendra Mechant & meme Malin & aussi par les Vapeurs des minereaux o des eaux Croupissantes, & aussi de la pour riture ; comme des Corps cadaureux a pres les Batailles, &c. ou l'Air qui né pas asses purifié par le Vent.

Ainsi la Dispostion a la Pestilence pa plus ou moins de ces Causes soit en parti culier soit en general, peut je Crois êtr justement considereé comme la partie la plu mauvaise de cette Maladie aussi bien que d toutes les autres.

Messieurs, voila les Reflexions simple & courtes que jay fais & que je mise e votre langue qui me paroissent plus avanta

geuse

euſes au Public, & ſi vous en pouvez irer quelque avantage ceſt tout ce que eſire,

Meſſieurs,

Votre tres Humble

et tres Obeïſent Serviteur,

P. Kennedy.

Londre, le 2m juillet, 1721.

Mes penſees ſont plus etandües dans le livre que jay ecrit ſur ce ſujet en notre Langue pour l'uſage Public mais je ne ſcay pas ſi il merite la Traduction.

Mon Adreſſe è chez Monſieur *Buſh*, *Confectioner in York-Buildings, London*; ou *Slaughter's Coffee-houſe, St. Martin's-Lane.*

A DIS-

A

DISCOURSE

ON

PESTILENCE.

TO treat well of a Diſtemper, it ſeems neceſſary firſt to examine (by juſt Obſervation) into the true and real Cauſes thereof; nor is it ſufficient in the Practice of Phyſick, or ſatisfactory to human Reaſon, only to tell us, *That the Cauſe of Peſtilence (of which we now treat) is from* God; even tho' *Hippocrates*, *Galen*, and ſome of

the greateſt of the Antients as well as Moderns have left it there; ſince the ſame may be ſaid of all Things, and conſequently is, in reality, to ſay nothing at all; ſeeing nothing in particular is determin'd thereby, which is, in effect, a deſtroying of all manner of Philoſophy, Learning, and human Reaſoning.

But be it (as we have already ſaid) univerſally granted (which none, I hope, would be ſo profane as to diſpute) that the moſt Great and Almighty Being, the undoubted original Source and prime Cauſe of all natural Cauſes, and of the many various Mutations amongſt human Beings, be alſo here allow'd in this Particular to be the true original Cauſe, and that this moſt perſecuting Malady does altogether proceed from his divine Command; yet is it, methinks, no Argument that therefore we are to ſearch no further, ſince he undoubtedly operates by natural Cauſes, and that very particularly on human Bodies, and has thus endued us with

human

human Reaſon and Underſtanding to diſtinguiſh, judge, comprehend, and obſerve, by what Means and Mediums he performs his moſt divine Will; nay, and is even demonſtrably Plain, that he has often ſo bleſs'd the knowing and judicious amongſt Men (as well as his more ſuperior Beings) ſo as to capacitate them not only to defend themſelves, but even alſo their Fellow-Creatures from infinite Inconveniences (produc'd by natural Cauſes) which muſt otherwiſe neceſſarily have fallen upon them, if not thus happily prevented by the juſt Interpoſition and Oppoſition of natural Things to natural Things *. Thus then, ſince the ſame may be ſaid of all other Diſtempers, &c. (tho' this may be more puzzling or intricate) it plainly then appears, that thoſe who leave it here can go no further; ſo that it ſeems abſolutely neceſſary ſome further Endeavours

* So we find even Chriſt himſelf upon ſome Occaſions, made uſe of, or advis'd natural Means, particularly when he inclin'd not ſo much to prove himſelf by his more miraculous Power.

ſhould be made (than any yet has been) towards the more fully clearing of this Point, which for my own part, I ſhall here endeavour for the publick Satisfaction, according to my mean Capacity, in the moſt plain, eaſie, and conciſe Manner that's poſſible.

In order to which then, it ſeems neceſſary I ſhould firſt obſerve to my Reader, that the Word *Plague* ſeems to be a very general Word, and indeed juſtly to be underſtood in a very large Senſe, ſince very commonly ſo call'd and underſtood, when a multitude of People are ſwept off almoſt by any * Diſtemper, but particularly when ſuch as is not very common: Nor ſhall we even find that the Malady more properly called the *Peſtilence*, treated of by different Writers from different Times and Places, is in reality the ſame Diſtemper, their Accounts being greatly different, and which indeed

* So as the *Iſraelites* and *Ægyptians* were when their Plagues came among them.

ay, I believe, very reaſonably be ac-
ounted for; but ſince it ſeems more
equiſite I ſhould immediately enter
pon the true natural Cauſe of Con-
gion in general, I ſhall here then, as
uch as poſſible, endeavour to avoid
ch Digreſſions.

It ſeems very plain from Obſervation,
hither Antient or Modern, that the
lagues commonly complain'd of, have
lways happen'd in ſuch Places, and at
Times when the Nation or People have
een vaſtly numerous, or otherwiſe
enn'd or huddled up in ſome narrow
Town, or Place, as Camp, Ship, Pri-
on, Hoſpital, or cloſe Houſe, *&c.*
This is very obſervable from *Thucydides*'s
Account of that of *Athens*, *viz.* That
he *Athenians* were then block'd up
y an Army, and vaſtly crowded by
heir Country People, who retired
with their Goods into the Town for
Refuge. And the *Athenians* were ſo
very ſenſible of this, that they greatly
blam'd their Prince *Pericles* as the chief
Cauſe of their Peſtilence, by admitting

of

of the Country People to come int
the Town. Nor is it leſs certain, tha
the Offspring of *Jacob*, as well as th
Ægyptians, were now become vaſtly nu
merous when the Plagues and Peſtilenc
were ſent amongſt * them. And th
ſame, I believe, is as juſtly remarkabl
of thoſe in *Jeruſalem*, when *Davi*
number'd the People, *&c.* So mo
great and long Sieges have had ſom
ſuch like Misfortune attending them
not only thoſe among the *Greeks* an
Antients, but likewiſe thoſe more late
ly, ſuch as of *Germany*, *Naples*, *&c*
nor will it, I believe, be found leſs true
that the different Towns, in thoſ
Countries where the Peſtilence ha
reign'd, have generally, if not alway
been found to be very populous at tha

* It is certain that God upon thoſe Occaſions, eve
ſeem'd to work his Puniſhments on theſe unhappy Peo
ple by natural Cauſes, whereas, no doubt, He migh
have done it by his Divine Command alone; and if ever
the *Iſraelites*, with their Cattle, fared better than th
Ægyptians did, there might probably be much owing t
the Almighty's Foreſight, in ſeparating, and having
plac'd them in the Land of *Goſhan*, the beſt and healthi
eſt Country.

Time

ime. And when it was laſt in *Lon-*
n, it was not only ſo, but the Houſes
nd People were extreamly crouded
nd huddled up one upon another much
ore than at preſent. So the ſame,
believe, may as juſtly be obſerv'd of
unkirk, and *Marſailes*.

Thus when a Nation is not thinn'd
the Sword, it is much to be fear'd,
at amongſt a prolifick People, in long
eace, ſome contagious Diſtemper
not neceſſarily ariſe to thin 'em,
not very duly prevented by the moſt
ſt and wary Precautions of ſuch as
ghtly comprehend the true Cauſes of
ch Misfortunes.

But tho' the great and populous Ci-
es are the moſt ſubject to ſuch conta-
ous Maladies, and that *Conſtantinople*,
here the Peſtilence almoſt always
igns) as well as the other great
owns in *Turky*, which are extreamly
l of People, are ſo (yet if urg'd) ſhould
t pretend to deny that it may alſo be
ſmall Towns, or even Villages there.
t then it is to be obſerv'd without ſo
much

much regard to the many Families
thoſe Places, that even ſome one Hou
is, almoſt of it ſelf, ſufficient to rai
a contagious Malady, occaſion'd by t
numerous Family of Wives, Conc
bines, or Women Slaves, other Se
vants and Children ; together with the
cloſeneſs of living, whoſe Families a
ſo penn'd up, as rarely or ever to
abroad : nor are they allow'd but ſm
ſlits of Windows to their Rooms, a
thoſe very high, and but on one Si
towards the Court-yard.

Thus the *Tartars* by their hurdli
much together, Naſtineſs, and eati
much Fleſh, cannot well miſs of co
tagious Maladies amongſt them.

Nor is it leſs obſervable, that ev
in Priſons, when crouded, the Con
quence is either malignant Fevers,
ſome other contagious Diſtemper whi
is there bred, and generally goes rou
infecting, and at laſt carrying off t
weaker Miſerables there.

Nay, is it not further obſervable, t
even a Church or Houſe if over cro

ed, tho' but for an Hour or two, particularly if by nasty People; that some of the weaker, or more delicate, shall suffer as by faintings, Epileptic Fits, &c.

Nor is it much less remarkable amongst Cattle, Bees, and other Insects or Animals, than amongst human Creatures, that when over numerous and crouded, there accordingly comes a Rot, or Mortality amongst them.

But tho' this to me seems to be a very principal, if not the very principal Cause of all general Contagion, yet is it not to be deny'd, that bad Air, the Weather, the Season, Nourishment, &c. will all very much contribute to the Increase of this Fuel.

There have of late been some Writers, who seem to labour hard to prove, that the general Cause of Contagion is from some Insect bred in the Air, tho' whether an Insect, Atom, or other Body seems not only difficult absolutely to determine, (because not of Magnitude sufficient for our Senses to discover) but it seems even as unnecessary to the

preſent Purpoſe, whether one or t'othe
that does this Miſchief, the proper Que
ſtion being rather of the true origina
Cauſe thereof, the manner of Preven
tion, or laſtly the Cure, rather than th
being ſo very inquiſitive either abou
its Name or Kind.

That even when in the Air it ha
originally been gender'd, and did pro
ceed from inferior Bodies, is not,
think, much to be doubted ; yet that
ſhould always be from animal Bodies,
what I do not pretend to aſſert ; neithe
do I abſolutely affirm, that the crouc
ing of many People or Animals toge
ther, all equally ſtrong and health
(if that can be ſuppos'd) would neve
theleſs occaſion ſome malignant Diſten
per ; but certain it is, that the diffe
ent Maladies which ſome one or oth
of theſe Particulars are troubled wit
the Complication of ſuch malign Aton
as will neceſſarily come from theſe B
dies, which, together with the unnat
ral Warmth there, and Diſpoſition of t
Air, may very reaſonably occaſion ſo
co

ontagious Malady, and which will ac-
ordingly go round, firſt affecting the
weaker, and that moſt ſeverely.

Nor is it to be doubted, that bad Air,
or want of freſh Air, noxious Effluvia's,
or bad Nouriſhment, &c. will very
much contribute to the Increaſe and
pejorating of this Malady, as well as
hat of all others; yet certain it is,
hat for want of ſuch proper Menſtruum
or Fuel to feed the Flame, the contagi-
ous Malady thus extinguiſhes; of which
many * Inſtances might be brought more
fully to prove the ſame, both as to this
is well as other malign Diſtempers, did
I not think the Reaſonableneſs of the
Aſſertion ſufficient of it ſelf.

Thus from the more malign and pu-
trid Diſtempers, ſuch as Small-pox, as

* Sir *Richard Steel* told me an Inſtance of one who came from *Muſcovy* to *Amſterdam* with a Plague, Blotch, or Buboe upon him, without any ill Conſequence to the Inhabitants; probably, the Time of Year, Air, or Naſtineſs, did not contribute to feed it. Many other ſuch like Inſtances might be brought both here and elſewhere, but it is certain it muſt ſpend it ſelf ſomewhere, in ſome Time, or Place.

well as great ſpotted Fevers, Fluxes, &c. Contagious Maladies will neceſſarily ariſe, and whoſe Effects will be more or leſs ſudden, according as thoſe Maladies from which the contagious Malignity does originally proceed, are more or leſs Acute or Chronical.

That the *Peſtilence* more commonly obſerv'd under the more frequent Appearance of that in *Turkey*, ſeems in reality to me to be no other than a downright Complication of Small and Great Pox together; and this is more particularly confirm'd from theſe Diſtempers eſpecially the firſt, being ſo very frequent amongſt them, and do there indeed even look upon the Small-pox but as the younger Brother of the *Plague*; and that thoſe who have either one or t'other once, rarely or never have the ſame twice; ſo when we alſo conſider their very libidinous and cloſe way of living as alſo obſerving the Symptoms both of one and t'other, there ſeems no great room (methinks) to doubt of the Opinion I here advance. Add to this, that

Small

Small-pox * and *Peſtilence* are almoſt equally contagious, or that probably the former is yet the more catching of the Two; and thus it is, that now of late they have got a Practice of engrafting or communicating the more kindly ſort of the ſaid Diſtemper (to ſuch as have not yet had it) by way of Prevention.

But ſince here I have given my Opinion of the Nature and Cauſe of *Peſtilence*, it may alſo be reaſonably expected I ſhould ſay ſomething likewiſe of the Origine and Cauſe of Small as well as Great † Pox, as alſo of Fevers, which ſtill accompany the ſaid Maladies; eſpecially ſince there has hitherto been ſo very little ſaid any way ſatisfactory, either on the Subject of Small-pox or Fevers, any more than on *Peſti-*

* In ſeveral Parts of the Highlands of *Scotland*, as well as in the mountainous Parts of *Italy*, they infect the Children on purpoſe with the Small-pox, by rubbing them with a kindly ſort; but as to the Turkiſh manner of engrafting them, I have given a particular Account thereof in my Treatiſe on *External Remedies*.

† That the venerial Malady is engender'd by Multitudes and Naſtineſs is well enough known.

lence;

lence; yet to enter into a methodical Detail of the Origine and Cauſe of theſe Diſtempers, would probably thus lead me into moſt others, which would extend this Diſcourſe to a farther length than I at preſent intend, beſides the riſque I run of a *foule* of Antagoniſts againſt me, *viz.* of thoſe who are not of the Profeſſion, as well as thoſe who are; the former leaving it to the latter as the better Judges, and theſe (generally) rather carping according as they imagine their Intereſts to lead them, than according to their good Judgment, and unbyaſs'd Reaſon; and yet however dangerous to oppoſe the publick Voice, I have reſolv'd (*valet, quantum valere poteſt*) thus in ſome meaſure to ſatisfy the curious, by a Hint which is ſufficient to the knowing, and it is this*, *That Life appears to me to be no other than a certain*

* But if it's objected, that a Flaccidity, Relaxation, or Dilation of ſome particular Parts is no Obſtruction: I ſay it is occaſion'd by one, but if it be alledg'd that this was what they knew before, to this I have little to ſay, but that then there ſeems the leſs to do.

circu-

circulating Motion : or continued Rotation and Mutation of one Thing into another, and that the impeding and hinderance thereof in ſome Part or other of the Machine, is what we term a Diſtemper : Whereas the total Ceſſation and Deprivation of that Motion is Death.

Thus then in this Manner moſt Diſtempers may eaſily enough be accounted for, nor is there, methinks, much room to doubt that the Complication of Small and Great Pox will neceſſarily produce a very contagious Malady, in ſhort, the worſt of *Peſtilence*; and which will appear to produce quicker or ſlower Effects upon the Perſon afflicted, according to the natural Healthfulneſs of the Conſtitution, the Strength of Nature to throw out the Malady, with the other Accidents of Air, Nouriſhments, *&c.* And thus that the Malady muſt lie on the Bowels and noble Parts of the weaker and more ſickly Part of Mankind, without being thrown out for want of Strength of Nature, ſo that Multitudes muſt thus periſh, even often

ten tho' assisted by proper Remedies, i
undoubtedly true.

As to the Manner of our being for-
merly infected, the Accounts are differ-
ent ; nor do I find that Assertion just,
or of any great Validity, of its being
brought from *Turkey*, since it is well
known, that this Malady had, at that
time, run through most Parts of *Eu-
rope* before it came unto us, and was
indeed brought over from *Holland*, as I
am credibly inform'd. Captain *Floyd*,
who lived in that time, very justly and
reasonably affirms it to have happen'd
from the sick Prisoners in our Sea En-
gagement with the *Dutch*, and that it
broke out at first in *Clare-Market* ; tho'
as he says, the common Report at that
time was, that of its being brought
over by Cotton from *Holland* : but the
former to me appears to be the most
consistent with Reason ; yet, whether
one or t'other; 'tis plain 'twas wafted
over the short Passage from t'other Side
and not brought so far as from *Turkey*
and of which, indeed, I do not find any
just

juſt Inſtance to be rely'd on not of all the Ships that have ever come from thence to *England*, even tho' there in time of the *Plague*; nor from the *Weſt-Indies*, where alſo a contagious Malady frequently is, no not e'en from *Barbary*, which is much nearer than either, and where the *Plague* as frequently is as in *Turkey*, and where the Ships alſo have brought Cotton, and undreſs'd Hides, *&c.* from thence. But that in *Italy*, and the South Parts of *France* or *Spain*, they find themſelves under more Danger there from theſe Places cannot be ſtrange, both from the Warmth of their Climates, as well as their Nearneſs to each other; ſince to be wafted over to them, as from *Holland* or *France* to us, in one Day, two or three, or at moſt a Week's time; but that from *Turkey* to *England* requiring ſix or eight Weeks Paſſage, the brisk Winds towards the North, and continual change of Climate and Air, than which latter, nothing is more Elaſtic, Subtile, and Penetrating; it cannot, methinks, there-

fore ſeem ſtrange, if hitherto we cannot juſtly ſay, that we have received any Damage from thence; yet that that which has not been may be, is what I ſhall not diſpute, or that we are not to take all juſt Precautions towards the Prevention thereof is what I pretend not to advance, but to conſider things as they really are, and to take our Precautions accordingly *.

That in *Turkey*, the *Peſtilence* and Small Pox, as well as Great, ſhould prove yet leſs dangerous than with us and other *Europeans*, cannot ſeem ſtrange (e'en tho' living in a warmer or more ſultry

* As to the Burning of Ships and Merchandize by way of prevention, I can only obſerve, that that is a Practice has never yet been found neceſſary in *Italy*, & tho' they are otherwiſe ſo extreamly cautious of this Malady; which were they to do, they would ſoon burn all the Ships and Merchandize belonging to their Country (ſince dayly coming from infected Places) by which they behoved ſoon to be begger'd and ſtarv'd. I ſhall only ſay then, that tho' we are to take all juſt and reaſonable Precautions, yet are we not by a ſuperſtitious Nicety, or too timorous Scrupuloſities, to run into ſuch unwarrantable and unprecedented Methods, as either to hurt or deſtroy us another Way, as by endleſs Taxes, or otherwiſe, &c.

Climate,

Climate) when we do but consider their more natural healthful Constitutions, their great Abstinence from Wine, neiter eating much Flesh, scarce any Fish, and in a Word, their Sobriety in general, so that they cannot be oppress with such a load of Humours, as is common to us.

Thus then if we duly consider what has been said, we shall find the contagious Maladies most commonly to rage amongst a crouded and penn'd up Herd of Creatures, who by Poverty do wallow in their Dirt and Nastiness; and this too being accompany'd with bad Air and Nourishment, if it has not as yet the full Effect to occasion and to breed a contagious Malady of it self, yet at least ways such poor miserable People will be much more liable, and their Bodies more dispos'd to receive, harbour, and nourish the malign Atoms of a contagious Malady, than any else. And from hence it is plain then that *Temperance, Cleanliness, and good Air, are the best Preservatives against any such Misfortune.*

 And

And now here it may not be improper I ſhould ſay ſomething as to the publick Fires in the Streets, and the Firing of Guns by way of Purefaction and Rarefaction of the Air, which accordingly has caus'd ſome Diſpute as to the Qualities and Uſe of Fire in ſuch Caſes, in which both ſeem right, and yet both wrong as to this Particular; which is, that the Fire in it ſelf is good to correct and purify Malignity, yet has, as it has been experienc'd, but bad Effects in all ſuch Caſes. For tho', as we have ſaid, it naturally Purifies, yet on ſuch Occaſions, by over heating of the Air, it thus opens the Pores of the Contagious, as well as other Bodies, and thus plentifully ſending forth the malign Steams of the infected, ſuddenly cauſes a more univerſal Contagion, and ſo likewiſe by ſuch malign Air, ſoon makes an end of ſuch as were near it before.

I have already obſerv'd the cloſe living and crouded manner of the *Turks*, which however, were it accompany'd with

with all the other degrees of Naſtineſs and Intemperance ſo common to us other *Europeans*, they behoved undoubtedly to die in infinite Numbers to what they at preſent do. But their Sobriety in living, with their continual Waſhing and Bathing, is no doubt of great Uſe to em, not only as to *Peſtilence*, but ſo likewiſe in all the other Maladies which have Affinity therewith.

That there are or may be Inſtances among the Antient *Romans*, of ſome general Sickneſſes either in Town, or in their Camps, is what is probable enough; yet that there is any Inſtance among 'em of what we more properly call *Peſtilence*, is ſomewhat more doubtful, nor ſcarce any ſuch thing known amongſt 'em as either Small or Great Pox, or at leaſt not till towards the Time of *Tiberius*, that they were ſo Populous, Luxurious, and Libidinous; and who then, in himſelf, ſeems to give ſome ſuſpicions of the latter Malady. Moſt of what the *Latins*, whether * Po-

* *Ovid* and *Virgil* have it from *Lucretius*.

ets,

ets, or others, have ſaid upon this Sub-
ject, ſeems to have been borrow'd from
Thucydides, *Hippocrates*, or *Lucretius*;
and which latter, has it from the for-
mer; even *Galen* ſays little elſe on that
Head, than what is borrow'd from *Hip-
pocrates*; 'tis true indeed, as we are in-
form'd, there was a ſomewhat genera
Sickneſs in * *Galen*'s own Time, occa-
ſion'd by a Famine or bad Food, which
however I do not find to have been at-
tended with the common Peſtilentia
Symptoms, or if there are other In-
ſtances of that Diſtemper having been
amongſt them, it will, I believe, be
found to have been at a Time, when
Cleanlineſs, and particularly the Uſe of
publick Baths was not ſo much among
'em, as in *Auguſtus* and *Nero*'s Time.

There was much, no doubt, owing
to the Sobriety of the Antient *Romans*,
the Spaciouſneſs of their Buildings †

* Thus even likewiſe in *Galen*'s Time, who lived un-
der *Marcus Antoninus*, publick Baths were nothing near ſo
much in Uſe as they had been.

† Their cool Halls for Refreſhment, which were ge-
nerally towards their Gardens. See *Palladio*'s Architectur-

heir Forums, Streets, and publick Places, and in particular to their publick * Baths to preſerve them from common Contagion.

From all theſe Conſiderations then, t ſeems plain to me, that *Temperance, Cleanlineſs, ſpaciouſneſs of Place, not many People budled together, with good Air, are the beſt Preſervatives againſt the Plague*, and without which, all will be of little Uſe, even Phyſick it ſelf.

Thus by the ſame Rule then, in general Contagion, it ſeems abſolutely neceſſary that the Number of People ſhould be leſſen'd, ſince we rarely or ever do find it, as has been obſerv'd, but in crouded, narrow, or penn'd up † Places,

* *Heiron. Mercurialis* on this Head. And *Juvenal* obſerves their Bathing for a Quadrans or three fourth Parts of a Farthing, and Boys or Girls for nothing, *Nec Pueri credunt niſi qui nondum ære lavantur.* See the Introduction of my Eſſay on *External Remedies.*

† The City of *York*, for many Years much depopulated, was obſerv'd not to have been troubled with the *Plague*, even when here in *London*, and in many other Places of *Great-Britain.* Nay, the Honourable Mr. *T. Jenkins*, preſent Member of Parliament for that City, very particularly

and

and rarely or ever obſerve it after grea
War, but rather long Peace, unleſ
brought by a ſickly Army, &c. An
thus it is that we obſerve, when
Town is extreamly thinn'd, the Malad
then naturally ceaſes, and not before
ſo that Nature her ſelf ſeems to requir
ſuch Relief.

Thus then if a Government hav
not Occaſion or Uſe for Soldiers, as t
make War, &c. it ſeems then very pro
per, that in ſuch general Calamity, th
Town ſhould be thinn'd, whether b
Lot or otherwiſe, particularly of th
more Neceſſitous, becauſe of their Naſti
neſs, &c. ſo as to be oblig'd at leaſt t
remove, tho' to Places according to thei
Choice, or as is found moſt convenien
by the Majority, or the Publick; whi
ther to form new Colonies or Town
in the Remoter or more Healthy Part

ticularly inform'd me of the Duke and Dutcheſs of *York* their coming down from *London* in the Time of the laſt *Plague* with their whole Court or Retinue, which, as he juſtl obſerves, could not well conſiſt of leſs than two or thre Hundred Perſons; and remain'd there, in that City, th three hotteſt Months of the Summer.

either at home or abroad. And next to this, it might not likewise be improper (in general Contagion) even to throw down the old and crouded little Streets and Buildings, as well as in Fire, so to make a more open and free Air where it seems to be wanted; and even in a crouded Town, to open Passages for the free Air as much as is possible conveniently to be done. And thus it were much to be wish'd, that in the building of all new Towns, as well as in the reforming of old ones, that great regard were had to the Freeness of the Passages for the better Egress and Regress of the Air.

As to the Sick People, if they could conveniently be carried out of Town, so as to be in Tents in some proper Place or Places, it would undoubtedly much relieve a Town or Camp; and, I think, for many very good Reasons, might likewise be of great Use to the Sick; or such as might not find this proper, or would choose to stay in Town, I would then at least advise that such Sick should rather be placed in the up-

per part of the Houſe rather than in the lower, both for their own ſakes as well as that of others not yet affected, ſince the malign Steams will thus more readily be carried off, and conſequently of leſs danger to thoſe below, yet well; than if placed above the Sick. Add to this, that if it were poſſible in ſuch Caſes to invent ſome proper Wind Machines, whether as Mills or otherwiſe, ſo as but to draw Wind even on the Tops of Houſes, or at the Ends of Streets or publick Paſſages, I am well perſuaded it would more effectually carry off the malign Atoms, and be of much more Uſe than publick Fires.

Nor can there any Thing (I am fully perſuaded) be more uſeful to the Sick or others, than publick and frequent Bathings in general Contagion.

The cleaning of the Streets, and yet more particularly the Smaller, where the Poor moſtly live, and which are ſo full of Naſtineſs, cannot but be of great Uſe, nay, even if in dangerous or at particular Times, ſmall Premiums

miums were order'd to be given by the Publick to the poorer Sort of ſuch as kept their little Habitations the moſt neat and clean, according to their Circumſtances, might probably be of good Uſe. Nor can I think, but that in Times of Danger, either Fountains, or at leaſt opening Fire Pluggs frequently to waſh the Streets, muſt alſo be of very great Uſe, not only in cleaning of theſe, but in cooling alſo of the Air.

As to the Uſe of Medicines, that I believe is the leaſt conſiderable in ſuch general Calamities, not only that Phyſicians cannot juſtly pretend to attend one fiftieth Part of the Sick as they ought to do, but that the Medicines cannot take away the original Cauſes; and that this is but too true, is well confirm'd, not only from antient, but likewiſe from Modern Accounts, as from *Thucydides*, and *Marſeilles*, where the Phyſicians died, among the firſt; where, at *Athens*, as the aforeſaid Author tells, the Contagion ſeem'd to contemn their Art. And *Matthæus*

Villanus, in his Account of the *Plague* i
Italy, obſerves, that ſome Phyſician
there from a Greedineſs of Gain at tha
time, pretended to attend the Sick, wh
in the interim pay'd their Lives for thei
Avaricious Proceedings.

Yet ſince Phyſick may be ſome Wa
helpful, and yet more particularly a
the Contagion abates, it may be ne
ceſſary, and particularly ſatisfactory t
ſome, I ſhould at leaſt ſay ſomethin
in that Way, which, however, ſhall b
as ſhort and general as may be, ſinc
ſhort and general Rules are moſt uſefu
and only to be obſerv'd in ſuch gener
Calamities; in a Word then, * *Cardiac*
† *Bitters*, and || *Alexipharmics*, in gen
ral are good, tho' I believe nothing ca
be of more general Uſe by way
Medicine, than ſome Drops (partic

* *Cardiacs*, ſuch as Nutmegs, Mace, Cinnamon, &
† Myrrh, Wormwood, Rue, &c. || *Alexipharm*
Things which gently throw out the Humours from
Center. As to the Uſe of Tobacco ſo much recome
ed by ſome, it may alſo be good, tho' Smoaking beca
of the Heat, is not, I think, to be much approv'd
unleſs in moiſt Places.

lar

larly in a Morning) of the Balſam of Sulphur Terebinthinated, or indeed moſt ſulphurous Medicines, ſince ſuch will much aſſiſt to throw out the Humour, and help to defend the nobler Parts.

And now I have little elſe to add at preſent, than that if the foregoing Rules I have laid down ſhould be look'd upon as too difficult to put in Practice, let them conſider that extraordinary Evils require extraordinary Remedies, and without which an extraordinary Cure is not to be perform'd; and which particularly, I think, is very fully confirm'd from the ſixth Aphoriſm of *Hippocrates* (tho' there it may more particularly ſeem to be meant in ſpeaking of common Medicines) when he ſays, *Ad extremos Morbos extrema exquiſite remedia Optima.*

POST-

POSTSCRIPT.

AS I thought altogether to have avoided, or at leaſt as much as poſſible, the Claſhing with any other Writers on this Subject, yet I find I cannot with Juſtice to the reſt of Mankind, paſs by that miſtaken Thought (in my Opinion) of that otherwiſe ſo ingenious and learned Perſon Dr. *R. Mead, viz.* That *Peſtilence* is only communicable by the *Tactus*, or Touch, and not by the Air; I am therefore, I ſay, ſorry, if I muſt neceſſarily conſider this as one of the moſt conſiderable Errors that methinks can well be made on that Subject, ſince it is ſo certain, and I believe obſervable enough by every one, that the malign Steams of the Small-pox alone,

alone, is ſufficient to infect and fill that Part of the Air or Atmoſphere immediately around the Perſon inflicted, or that Room, ſo as that many who come there will be infected thereby, and ſome, even by only entring of the very Houſe, if not even at or near to the Door; which different Parts, particularly within, will accordingly have different degrees of Danger, and will conſequently affect Perſons more or leſs, as they are more or leſs diſpoſed to receive or nouriſh ſuch Malignity. Now that Peſtilential Steams ſhould, or will alſo affect the circumambient Air, particularly near to the diſeaſed, is not, I think, to be doubted, and that where the *Peſtilence* rages, and is accompany'd with great Mortality, the whole Air thereabouts muſt, unqueſtionably, be filled with ſuch contagious Steams. Now how far ſuch Steams or malign Particles do extend themſelves, are carried, or are diſſipated ſo as not to be able to do any Damage, is not, I think, ſo

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abſolutely to be determin'd, or, perhaps, ſo very neceſſary; yet this, methinks, is plain, that the nearer we are to the Contagion, or the more numerous the malign Bodies are, that is, the more we are ſurrounded by the ſtronger Steams of malign Atoms, the more Danger we ſhall conſequently be in, yet that ſome People may eſcape, even tho in the middle of the thickeſt of 'em by natural Strength of Body, Temperance, Cleanlineſs, &c. is not to be doubted; and yet that others by their ill diſpoſition of Body, Air, Intemperance, Naſtineſs, &c. may be affected and even die of it at a much greater Diſtance, where the malign Steams are much leſs numerous or powerful, is likewiſe as certain. And this is ſo true that there will be but little room to doubt thereof if we do but conſider the vaſt Misfortunes that often happens to ſome People from the moſt inconſiderable Cauſes, or which, to others, would be of no ill Effect. Thus by the Cut-

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ting of a Corn, or the Prick of a Needle, or of a Thorn in the Finger, ſome of an ill habit of Body have dy'd of it, whilſt others have eſcap'd with little or no Damage even from the Bite of the moſt venemous Viper. Now that theſe Steams or malign Particles will extend themſelves, and even be carried farther or nearer by the Winds, and which I cannot much doubt, will communicate themſelves to the neighbouring Parts, in ſpight of all Lines of Circumvallation or ſuch like Care, ſeems to me indiſputable. And the Communication will very probably be in Proportion to the Winds, that is, if there's little or no Wind, more People will ſuffer where the Contagion is more immediately raging, if ſmall Breezes, they will be more releived, but the Contagion will prove more extenſive, ſo as to affect the Neighbourhood, and conſequently they will ſuffer accordingly; but if the Winds ſhould prove ſtrong and powerful, they will

then in all likelihood ſo diſſipate and diſpel the malign Steams and Particles, as not to prove ſo very dangerous where they fall, unleſs where there's a very ill Diſpoſition of Air or Body, ſo as to feed ſuch Particles; ſince certain it is, that a healtful Body may readily overcome a little of almoſt any Poiſon whatſoever.

This Opinion of the malign Atoms in the Air, and of their being carry'd from one Place to another *, is yet

* In converſing with that eminent and ingenious Perſon Dr. *R. Mead*, he was pleas'd to inſinuate, that if the Air had been infected in the laſt general Contagion here in *London*, (and thus to be communicated from one Place to another by the Wind) that then the Country would have been infected thereby, which, as he obſerves, was not; but this Reaſoning will, I doubt, be found to be fallacious; when we conſider, as has been obſerv'd, that 'tis more liable to do damage in crouded Places, than in Country Towns, where the Diſpoſition is not ſo much to nouriſh the Infection; but it is well known that ſeveral Places in *Great-Britain* were viſited with *Peſtilence* beſides *London* (the Great Mart for that diſmal Malady) yet whether ſent or communicated to thoſe Places by People or Winds, is not ſo certain; but certain it is that many Places eſcaped eaſily, and others altogether, even tho' viſited

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more particularly confirm'd from an Account I remember a very elderly Relation of mine uſed often to tell, when I my ſelf was a Boy of about Twelve Years of Age; which was, that when the *Peſtilence* was at *Aberdeen* in *Scotland*, where the ſaid Perſon then lived, it was then a general receiv'd Maxim, and obſerv'd by all, never to go to the Leeward of ſuch as had or were ſuſpected of the *Plague*, ſo to avoid the malign Atoms, being thus blown towards them by the Wind.

I cannot likewiſe but obſerve here, contrary to the Opinion of the afore-

ſited by both, and which ſome Places could not miſs, particularly thoſe near *London*, at leaſt to have People frequently going and coming to them; but as to the Infection of the Air for ſeveral Miles together, any one may eaſily be ſenſible thereof who comes near *London*, particularly on ſome Sides thereof, having been ſome time in the Country; and that this is pejorated by contagious Maladies, and even thus alſo ſpread by the Winds, is not, I think, to be doubted.

I have been credibly inform'd, that in ſome Parts of *Surrey*, 25 Miles diſtance from *London*, ſome Country Folks there will obſerve to you of their ſmelling *London*, the Wind then being in ſuch a Corner.

ſaid ingenious Perſon, that *Plagues*, and probably even *Peſtilence* it ſelf, ſeems to be the Growth of moſt, if not all Countries, tho' more common to ſome than to otherſome, as to thoſe of the hotter rather than to thoſe of the colder Climates, where it more rarely happens; and poſſibly when it does, is for the moſt part brought there, whether by the Winds or otherwiſe; and yet why it ſhould more particularly reign among the *Turks*, and great Parts of *Aſia* and *Africa*, eſpecially that Part call'd *Barbary*, may be obſerv'd from what has already been ſaid in ſpeaking of theſe People. That is, from their cloſeneſs of living, with that of their Families being ſo very numerous, their libidinous and ſedentary lives; nay, even poſſibly many of their particular Cuſtoms may, in ſome meaſure, contribute to the engendring of particular Diſtempers, ſince, certain it is, that Cuſtoms, whether Indulgence, want of Exerciſe, or otherwiſe

wiſe, are not only a ſecond Nature, but does even change our very Nature, and ſuch change of Nature, no doubt will accordingly make our Bodies more liable to produce different Diſtempers, ſince different Temperaments and Creatures, do likewiſe produce different Diſtempers, whether proceeding altogether from Climate, Cuſtom, Nouriſhment, or otherwiſe.

To conclude, Contagion I think in it ſelf, more particularly conſiſts in the Diſpoſition thereto, whether in the Body in particular, or Society in general, Air, or Seaſon, *&c.* than in the Virulency of the Contagious Matter, or the Strength of the Malignity, ſince were it otherwiſe, it were ſcarce poſſible for any to eſcape.

My Apology as yet to the learned and ingenious Dr. *Mead* is probably neceſſary, tho' I think I need ſay no more than this, that if I am found wrong, I do but add to his Credit, and if right, it ought not to leſſen his, ſince

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the Publick is very much obliged to him for his good Endeavours; and if I have been able, or found it absolutely necessary to endeavour to invalidate one or two of his Thoughts, he very possibly may find me Guilty of many more Errors; and which, when convinc'd of, I shall make no Scruple to acknowledge, since I write not for Victory, but the Publick Good.

FINIS.